

New Bernal Journal

February/March 1999

Serving the Bernal Heights Neighborhood of San Francisco

Volume 36 Number 1

BHNC: The story of the first 10 years

by Barbara Bagot-López

[Editor's note: On November 12, 1998, the Bernal Heights Neighborhood Center (BHNC) held a special program to celebrate its 20 years of existence. One of the honorees that night was Barbara Bagot-López, one of the founders. She said, "At the celebration, someone commended me for volunteering for the BHNC for two decades. I was quick to correct them, pointing out that I was just there for the first ten years." Here is the story of that first decade.]

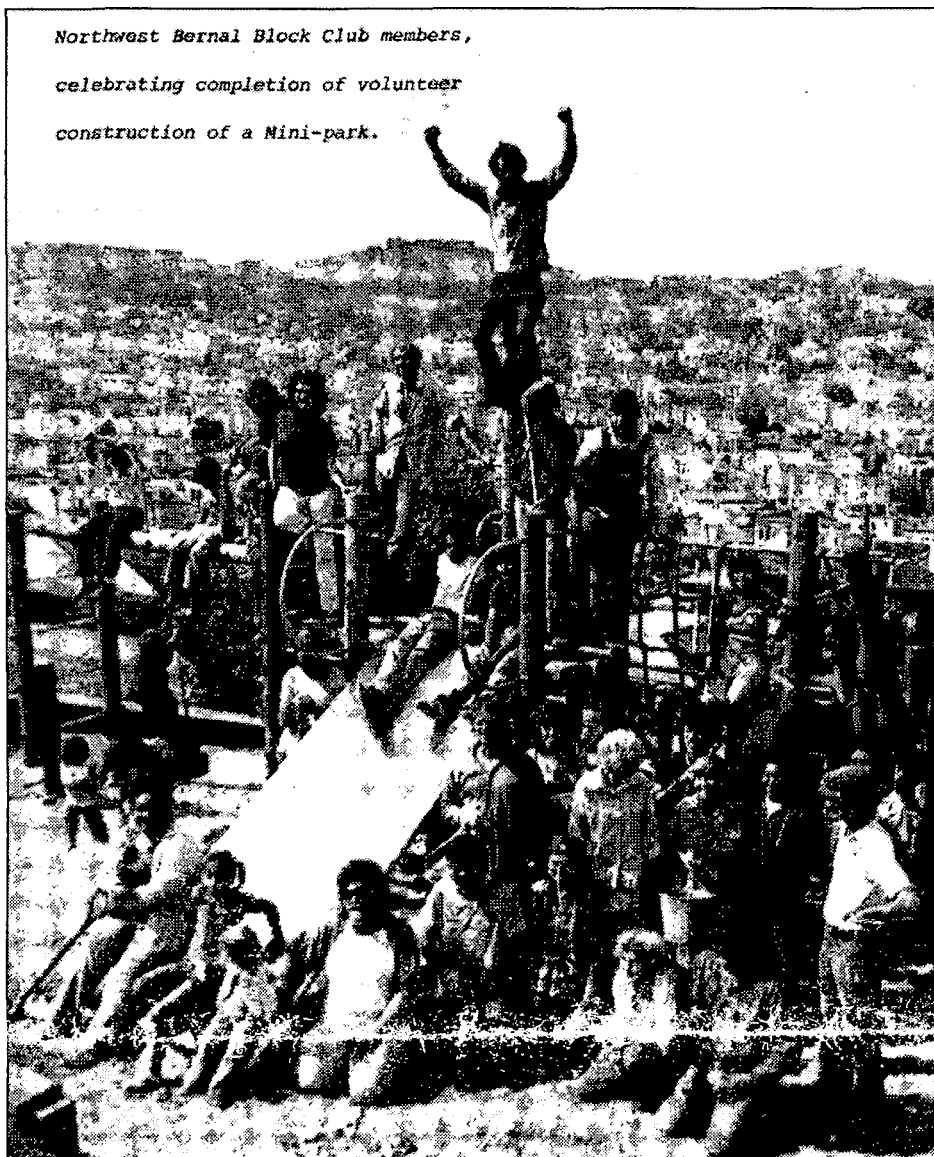
The Start of It All

In 1976, San Francisco was beginning to feel the impact of escalating housing prices and skyrocketing rents. These conditions, while benefiting landlords and housing speculators, were transforming neighborhoods from diverse communities to homogenous enclaves where only the wealthy could afford to live.

The BHNC co-founders set a tough goal for the organization—preserving the neighborhood as a multi-ethnic, mixed income community in the face of gentrification, crime, and urban decay. After twenty years of hard work by hundreds of people, we can look at the Center's accomplishments with pride. Few local communities have a stronger sense of identity. Bernal Heights has earned the reputation as the best-organized, hardest-fighting neighborhood in San Francisco.

Back in the fall of 1976, as Roger Borgenicht, my brother Buck, and I were standing on Winfield Street, Roger pointed to two huge buildings towering over us on Elsie Street. He said that the developer owned ten more lots and was planning to build a great wall of huge structures. Working with the rejuvenated Northwest Bernal Block Club, neighbors Marc Frauenfelder and Claudia Viek, Charlene and Sonny Martinez, Charles Bolton, Margaret and Bob Randolph, Earl and Linda Chase, Richard and Phoebe, and many others met in Jeanne Hamer's living room to devise a strategy to prevent this "DiamondHeightsification" of Bernal.

Mayor George Moscone came out to visit the site, greeted by a few hundred neighbors. We made our case to him—the street was too narrow for fire trucks, and the planned houses too big and out of character



Northwest Bernal Block Club members celebrate the completion of Esmerelda Mini-park, July '78.

with the neighborhood, and at \$100,000 (an unbelievable price back then), much too expensive for the neighborhood. After the meeting, as the Mayor's driver was preparing to take the Mayor away, the car almost slid backward over the slope of the narrow street, proving our point about safety.

Many city hearings, block club meetings, leaflets and phone trees later, we succeeded in getting the city to prevent more construction until the street was improved, and also to adopt the Elsie Street Plan. The Plan called for architectural compatibility standards to be enforced by a Neighborhood Building Review Board—a revolutionary idea at the time.

A Center is Born

Most significantly, the Elsie Street Plan also called for the formation of a non-profit community development corporation which would: 1) build and preserve affordable housing, 2) provide necessary services to seniors and youth, and 3) organize and involve neighbors to define neighborhood needs and fight for solutions. The "Elsie Street contingent" joined with Cortland-area neighbors, led by Sedalia Brown, who wanted a community center. And St. Kevin's Church, led by Father James O'Malley and Sr. Janet Simons, had been waiting for a worthy community organization.

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Popular librarian Dorothy Coakley and friend.

Children's librarian leaves Bernal branch

by Valerie Harris

Dorothy Coakley, children's librarian for the Bernal Branch Library for over a decade, moved on last December to become the manager for the Ocean View Branch Library. Well known for her enthusiasm and caring, she was also a major force in the development of the library and the revitalization of Cortland Avenue.

"She had a great relationship with the kids and their parents," said Sylvie Woog, a five-year Bernal Library employee and 19-year Bernal Heights resident. "She knew people in the community, and people appreciated that." Bernal branch librarian Valentin Porras remembered, "She always had a great sense of humor—that's one of the things we miss about her."

Coakley's work went beyond the walls of the children's room. Said Mauricio Vela, executive director of the Bernal Heights Neighborhood Center, "Dorothy was instrumental in keeping Cortland alive." During her tenure she helped to keep the Bank of America branch on Cortland. She also worked for a safer, nicer recreational area behind the library.

According to Vela, in the early '90s there were yearly attempts by City Hall to close the Bernal Library—it was a small branch and circulation was low. But, said Vela, "The library was a cornerstone of Cortland Avenue, along with the Neighborhood Center, for a long time, until other businesses moved in." It was also "a safe place for children, and a place where families could go and grow together."

In 1993 Coakley was transferred to the Western Addition branch. The Bernal Heights community was not pleased. "The community was very loud in demanding her back," said Woog. Vela said, the Library Commission "underestimated the tenacity of Bernal Heights. They made the mistake of taking away one of our jewels. By transferring Dorothy, it created a larger uproar and a larger support base for the library and its staff."

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What's happening on the farm

Youth interns at Bernal Heights' own farm—more on page 2

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New Bernal Journal

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New Bernal Journal is a bimonthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with their community's news, ideas, issues and events, which support the center mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic conditions of low and moderate income people in Bernal Heights."

New Bernal Journal is distributed door-to-door free to the community of Bernal Heights. Articles express the views of contributors and not necessarily those of *New Bernal Journal* or Bernal Heights Neighborhood Center.

Be heard!

Send your letter to the editor,
New Bernal Journal,
515 Cortland Ave.,
San Francisco, CA 94110

Greenhouse project coming to Bernal

by Kevin Robinson
President, Alemany Resident
Management Corporation

Things will soon look greener and brighter at the Alemany Public Housing development. Years of negotiations, a \$109,000 grant from the Mayor's Office of Community Development, along with a combination of concerned organizations such as the San Francisco League of Urban Gardeners (SLUG) and the Alemany community will work in concert to build a greenhouse for the residents. It will be the first of its kind constructed on Housing Authority property in San Francisco, and perhaps the first in the nation.

The idea for this greenhouse was born out of an interest of the Alemany residents to create viable programs that address the training, employment and self-sufficiency needs of the community. SLUG has already played an integral role in fostering and supporting these efforts through their active involvement in the community.

The site for the new greenhouse will be adjacent to the existing St. Mary's Youth Farm. The building will include a whopping 700-square-foot greenhouse, a 300-square-foot office with restroom, and storage space. The entire facility will enhance the beauty of the existing physical surroundings while resting neatly tucked away near the 600 block of Alemany Boulevard.

The Greenhouse Project's focus will be on the development of the Alemany community. Operationally, SLUG will manage the greenhouse by providing jobs, training



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Youth Garden Interns at St. Mary's Youth Farm. Leading them are Kathi Colen, Urban Agriculture Coordinator (front row, far left) and Jason Patterson, Supervisor (standing, second from right).

and entrepreneurial opportunities in horticulture. This will also provide an opportunity to expand SLUG's already existing Youth Garden Internship Program at the farm.

The development of this project has been a long and tedious process. Five years of my tenure as the president of the resident organization were dedicated to assure that this project moved forward. The San Francisco Housing Authority previously was unable to select a project manager who was willing to devote time and patience to oversee the design completion. Our current executive director, Ronnie Davis and executive monitor, Dr. Emma McFarlin, took an interest in the project and pressed to satisfy the Mayor's Office requirements.

Housing authority staff sprung into action after this hurdle was passed. The director of modernization, Barbara Smith, appointed Robert Dahlstrom to begin work on the actual implementation of this endeavor. Francis Eng was assigned to design and plan the construction of the facility. Eng expended many hours of his time and went beyond the call of duty in his effort to consult the community and keep us informed of the progress. Without his tireless efforts and drive, this project might have been mired down in bureaucratic red tape.

Everyone working together, from the Mayor's Office, SLUG, and the Housing Authority to the Resident Association, will finally make things greener at Alemany.

A farm in Bernal Heights

by Valerie Harris

There is a special patch of country right down on Alemany Boulevard, tucked between the Alemany Housing Development and the 280 South on-ramp. This four-acre plot has rows of vegetables and herbs, a pond with a windmill, and new beehives up the hill. Its slopes are dotted with fruit, nut and olive trees.

This is St. Mary's Youth Farm, a project of the San Francisco League of Urban Gardeners (SLUG). For the past four years, the Farm has beautified this corner of Bernal Heights while providing training and employment for youth. The farm employs 20 to 25 Youth Garden Interns aged 14 to 17, mostly residents of southeastern San Francisco neighborhoods. Kathi Colen, Urban Agriculture Coordinator, said, "This program, if nothing else, is a job-readiness pro-

gram. A lot of teens don't know what is involved in pursuing a job."

The interns find their way to the program through different routes. Jessica McPeters, 14, has been an intern for one year and three months. She is at the Farm "because SLUG built a garden on the side of my house. I talked to them, then I came here." Donte Hall, 15, an intern since June, said, "I got into trouble. My friend knows the people at SLUG and thought it would be good for me." He said of the program, "It helps me with responsibility and to grow and be a better person." Newcomer Michael Rackley, 17, said, "It's a good job, good pay, and I stay out of trouble."

Colen explains that during these winter months the interns pull weed, tend to winter crops (mustard greens and collards are

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Letters to the Editor

Dear Editor,

The Monday after the NBJ was published (December 7), one of my students ran up to me in the yard at 7:40 a.m. with a copy of the newspaper yelling, "We're in the paper!" Sure enough, there they all were. Never did I expect to have all of the children published (story on Paul Revere 4th graders' trip on the Balclutha ship). Jerwin stayed at the fence with his copy of the paper waiting for more of his classmates to arrive so that he could bring them the good word. It was thrilling watching the children alerting the others to the big news of the month!! Parents were amazed and one even ran up to Cortland to get copies for all of the children before dismissal so they could have the best reading material around!

Thank you for allowing the children to have a voice. It's been an empowering semester. Thank you also to the Bernal community and to Gregory Gavin, the film

maker of "Bernaltown," for supporting our ice cream social and movie night. We hope to see the neighbors at more events like these. Thanks, NBJ, for your interest in the children of Bernal Heights and in Paul Revere Elementary School.

*Lisa Bishop, 4th grade teacher,
Paul Revere Elementary School*

Dear Friends, Neighbors, and Valued Customers,

I am David Rogers, the owner of the leather shop at 813 Cortland, which opened in 1990. It is with great regret that I announce the closure of my business on April 1. My leaving is not because of increased rents; my landlord has treated me very fairly, even though my lease expired long ago. I am leaving because fate has offered me a second chance at a personal affair that requires that I move to Montreal.

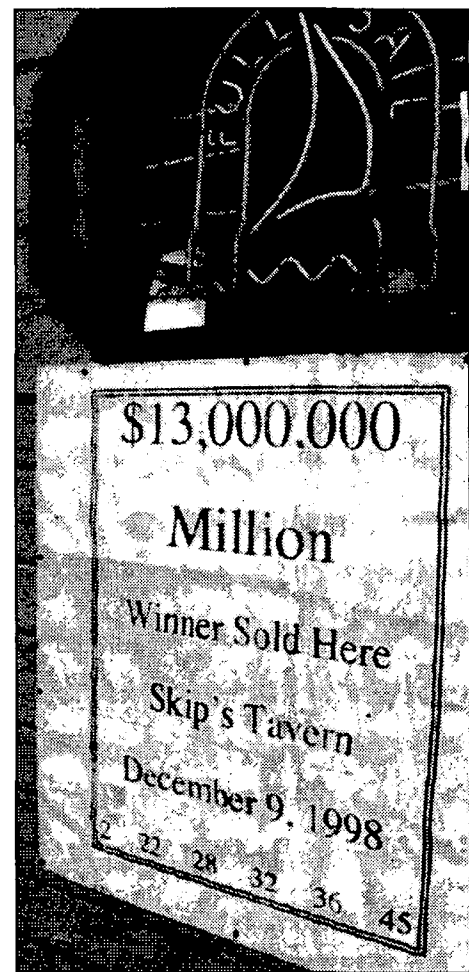
When I arrived here, Cortland Avenue was a vacant, mean, dirty and gritty street

with an uncertain future. I have seen it transform into the pleasant and interesting stroll it is today.

This transition did not happen on its own. It was through the dedicated activism of the Neighborhood Center, the Merchants' Association, St. Kevin's, the Urban Gardeners tree planting, the various playground committees, the Pitschel's hilltop crew, and the numerous block clubs, especially the Northwest Block Club. All did their part. There should be as well a special thanks to J.C. Market, Good Life, and Wild Side West for their generous support of these causes.

Bernal Heights is now a charming, pleasant and safe community, thanks to these combined efforts. For new arrivals to the Hill, my advice is to join and participate in any one of these worthwhile organizations. So, I bid you all "au revoir." I take with me fabulous memories of the wonderful and unique world that is Bernal Heights. I will miss you all.

Sincerely, DR



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Sign outside of Skip's Tavern, 453 Cortland.

Mystery winner on Cortland Avenue

Are you a winner? Last December, someone bought a lottery ticket at Skip's Tavern and won \$13,000,000. The question is, who? "No one has claimed it yet," said bartender Mary Higgins. But lots of people are hoping that lightning will strike twice; people are coming from all over hoping to score a lucky ticket. Higgins said, "I probably sell more tickets than alcohol now, especially on weekends. It's definitely been a big, exciting thing for the neighborhood."

Little People's Workshop evicted—needs a new home

Members seek help in finding new place

by Elaine Lewinnek

Little People's Workshop cooperative nursery school needs a new place to rent. They were given an extension on their lease until April 30, but then they will have to leave their current Bernal Heights location. Members of Little People's Workshop credit neighborhood support for the extension, but the building's new owner said he decided on the extension after meeting human-to-human with members of the workshop instead of lawyer-to-lawyer.

Little People's Workshop (LPW) is one of the few childcare options for low-income families. Members pay only \$250 plus forty hours of work each month. Last fall, the LPW building on Cortland Avenue was sold. With only a month's notice, the parents did not have time to incorporate as a non-profit and raise money to buy the space they had been renting.

Kingmond Young, a photographer, bought the building to use as his studio and home. Young served the LPW with an eviction notice on the day before Thanksgiving, asking them to vacate by Christmas day. Many neighborhood stores displayed signs supporting LPW, hundreds of neighbors signed a petition of support, the Bernal Heights Neighborhood Center lent use of their Xerox and fax machines, and the parents found a lawyer to help them, pro bono.

Young, a native San Franciscan who went to public schools, said he was perceived as a gentrifier and has received hate mail from Bernal Heights residents. He had been told to speak only to their lawyers, but in January, Young requested to meet face-to-face with the parents of LPW. "I actually kind of liked the people I met," Young said. "I thought they were being honest and reasonable."

LPW parents agreed. Sharon Lepper, whose son Isaac attends Little People's, said Kingmond Young is also "pretty reasonable,

now that we've talked. He also had the fire underneath him, because his rent was being raised at his place and we're all in the same position." Young's rent for his studio has doubled since his old lease expired on a commercial property close to the new ball-park. It's hard for him to wait until April to move into the new building he bought in September, he said, but he has agreed to wait in order to give LPW time to move.

The cooperative has been offered a temporary home in a church, but it needs to find a new permanent home. Some workshop members would like more help from neighborhood groups like the Bernal Heights Neighborhood Center or Saint Kevin's Church. Lepper noted that many recent members of Little People's have lived in other neighborhoods, while Bernal Heights has been gentrifying. She said, "Maybe this neighborhood has gotten more money, and they think they don't need a childcare co-op any more." But David Myers, whose two-year-old son Sam attends Little People's, said, "We want to stay in Bernal Heights, we really do. Of course, we are at the mercy of the state of real estate in San Francisco. But to strip something like Little People's out of Bernal Heights would be another defeat that doesn't have to happen, another defeat to the sense of community."

Ideally, the cooperative would like a similarly-sized space in Bernal Heights with below-market rent. "We need a super-good deal," said Lepper. The cooperative is also trying to save money to pay for rental deposits and the cost of a moving truck. "We don't even have \$100 to pay the cost of one of those rental location services," said Meyers. In March or April, the workshop will need more volunteers to help them physically move the nursery school to whatever new place they find. **Anyone who knows of places for rent, has renovating skills to contribute, or is able to donate money is invited to contact Little People's Workshop at 648-5156.**

New midweek flea and produce market

Now, right here in Bernal Heights, you can satisfy your weekday flea market urges while you pick up a few fresh veggies. Visit the Wednesday Flea and Produce Market at the Alemany Farmers' Market site on Alemany Boulevard.

The Wednesday market is the third of the weekly events that happen at this location, joining Saturday's Certified Farmers' Market (California's oldest, started in 1943), and the very popular Sunday Flea Market.

On a recent Wednesday, a wide array of goods were offered — vintage jewelry, watches, African masks, videos, paintings, collectable coins, three-foot-high Chinese vases, plus fresh flowers, vegetables and fruit. Sid Baker, the assistant agricultural commissioner for San Francisco is looking forward to continued growth. He said, "We're hoping to give more opportunities to sell to the vendors and to expand flea market opportunities."

The Alemany Flea and Farmer's Market is at 100 Alemany Boulevard. Market hours are from 7 a.m. to 3 p.m. In the summertime the Wednesday market will be open during daylight hours. Said Baker, "We want to see the market grow for the benefit of the area and the people who use it."

Hop-a-Long Animal Rescue — saving dogs and cats in Bernal Heights

by Nancy Brumback and Sharon Fuller

You know all those posters of rescued animals that you've been seeing everywhere, all over the Hill? Sad-eyed, sweet dogs in need of homes? Well, it's time to meet the postee.

For a few years now, Pali Boucher has been volunteering her time (actually her life) as a foster-home mother, fund-raiser, publicist, home-finder, crusader, fanatic, and general dog-lover. She is associated with Hop-a-Long Animal Rescue, a non-profit group of loving, caring volunteers, who devote their time and effort to dogs and cats who have fallen on hard times.

Hop-a-Long rescues these animals from shelters where they would otherwise be euthanized because of overcrowding. The animals are then taken directly to a vet, spayed, neutered, and vaccinated, and housed in temporary foster homes. This is where Pali and people like her come into the picture. Pictures are taken, posters are made, and the animals are treated as loved members of the household. The animal is put on the Hop-a-Long website, www.ilovepets.com.

Hop-a-Long has been in existence since 1993. Hundreds of dogs and cats are rescued every year. No animal is euthanized once they are in Hop-a-Long's care. The organization has placed over 2,500 dogs and cats. They are a non-profit corporation with no

Police Captain's Report

from Captain Rick Bruce
IngleSide Station

Bernal Heights Arson

On the morning of November 27, 1998, a Bernal Heights resident discovered that her motor scooter, which had been parked on the 300 block of Virginia Street, had been set on fire sometime during the night. No suspects were seen and the fire was apparently put out by the SFFD. There are reports from residents that two additional motor scooters might have also been torched in the same general area, but we have been unable to confirm these reports as no police reports were filed. Refer to case 981522634.

On January 2, 1999, between 10:35 and 11:15 p.m., two separate but related incidents of arson occurred on the unit block of Wool Street and the 100 block of Andover Street. Three juvenile suspects were seen in the area of the first fire on Wool Street, and they were seen actually attempting to light the fence on fire at the Andover Street property. The suspects fled the scene prior to the arrival of police and are described as: 1) Hispanic male, "buzz" haircut, 15-16, 5'8"-5'10", 160 pounds, wearing a gray shirt and dark pants; 2) Hispanic male, 14, 5'4", 130 pounds, wearing dark clothing; 3) Black male, 16, 5'10", 160 pounds, wearing

dark clothing. Refer to case numbers 990007481 and 990008031. (These latest incidents are possibly related to the motor scooter arsons that occurred in Bernal Heights on the morning of November 27, 1998.)

On the morning of January 6, 1999, at 3:30 a.m., a witness saw a "heavy-set kid" stuffing papers into a garbage can on the 400 block of Cortland Avenue and then setting it on fire. The fire was put out before it reached the structure. Approximately 30 minutes later, another trash can was set on fire on the 500 block of Cortland Avenue. No suspects were seen at the second arson. These crimes are believed to be related to the two incidents of arson committed on January 2, 1999 on the unit block of Wool and the 100 block of Andover. The Arson Squad is currently investigating all of these incidents. Refer to case numbers 990021691 and 990021710.

Inspector Jeff Levin of the San Francisco Police Department Arson Task Force is assigned the investigation of each of these cases. He has developed several very promising leads and has put together photo spreads. If you have any information on any of these incidents, please phone Inspector Levin at 695-6944.

First homicide of the year in Bernal Heights

by Elaine Lewinnek

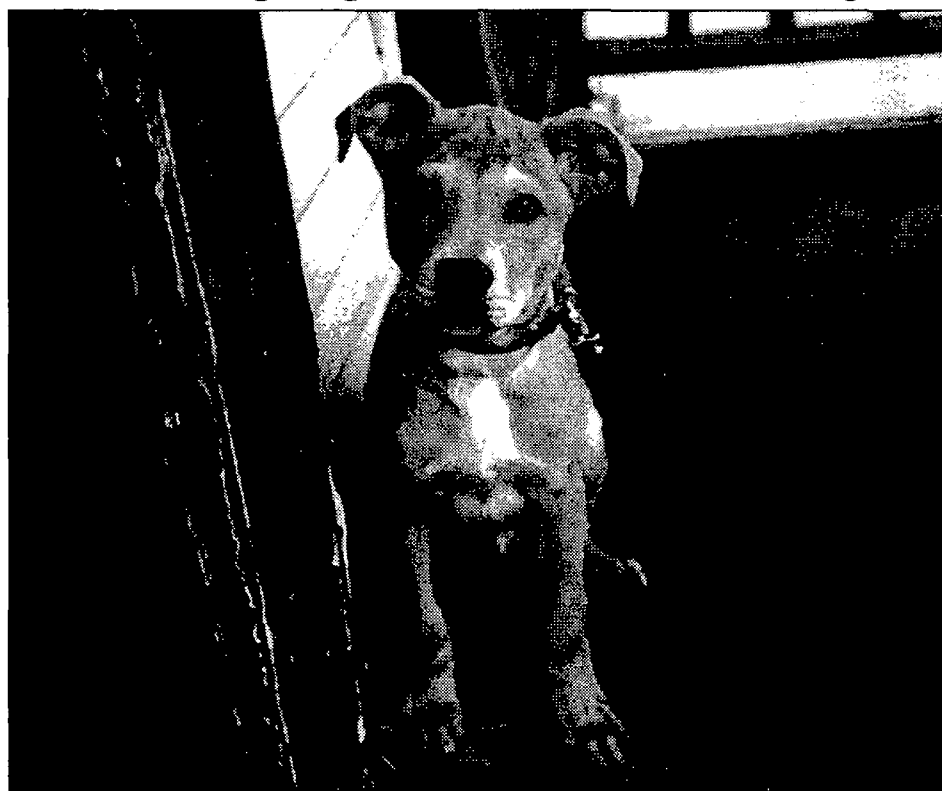
On January 7, a little before 6 p.m., a woman ran out of her home at 185 Highland Street, bleeding from more than twenty stab wounds. She died soon after at San Francisco General Hospital Emergency. This was the first homicide of the year in the Bernal Heights area.

"It looks like this was a crime of passion," said Rick Bruce, captain of the IngleSide Police Station. According to Bruce, when a robbery turns violent, there are usually only one or two stab wounds, not this many. The police think the suspect was known to the victim, but, said Bruce, "We

have very little to go on."

The crime is still unsolved. According to the police, just before the injured woman ran out, a man also ran away from the house, heading east toward Holly Park. He was African-American, 5'9" tall, and in his forties. The police are trying to contact the woman's boyfriend and ex-boyfriend for questioning.

Editor's note: Police reports from IngleSide station are available for viewing in the lobby of the Bernal Heights Neighborhood Center, 515 Cortland Avenue, during the Center's open hours, Monday through Friday, 9 a.m. to 5 p.m.



PALI BOUCHER

"Frito," a recent adoptee, is one of the hundreds of dogs rescued each year by Hop-a-Long.

government funding. They depend entirely on donations, volunteers, and the modest adoption fee. All donations are tax deductible.

Pali extends her heart-felt thanks to everyone who has fostered animals, given animals permanent homes, donated food,

crates, veterinary care, rides, emotional support, and camaraderie.

Pali says that her experience in Bernal Heights has been incredible. People have been very supportive and interested in what Hop-a-Long is doing. She has had people

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BHNC HISTORY continued from page 1

tion like ours to take over and expand their senior lunch program.

Buck and Roger became co-directors of the new organization, Jeanne the first board President, and Margaret the Treasurer. Other charter Board members included Sedalia, Charlene, Miley and Sheila Holman, Penny Polatsch, Mara Liaison, and Audrey O'Gilvie. Sr. Janet and Ann Kyle led a strong Neighborhood Center committee. Brian McCaffrey donated his time as our legal counsel. Although Jeanne, Margaret, and Charlene have all since passed on, the legacy of their leadership and guts still inspires Bernal activism to this day.

Ongoing Challenges

There were many challenges in keeping the young organization afloat: the acquisition and renovation of the Center building at 515 Cortland; the annual mobilization of hundreds of neighbors to fight for Bernal's fair share of community development funds; program development for the center, including filling the dire need for youth programs; and the inevitable task of convincing the few (but vocal) opponents that "affordable housing" occupants are regular folks who just need a helping hand to be able to stay in the city.

One Who Stayed

The beauty and strength of the BHNC springs from the people who have given of themselves to further the goals of keeping Bernal Heights economically and ethnically diverse. We have each devoted a period of our lives and

then moved on to other things. But there is one person who, for over twenty years, has never strayed from his post of providing vision, guidance, advocacy and very effective hell-raising to the organization and the neighborhood. That person is Buck Bagot.

During our struggle on Elsie Street, it was Buck who devised the strategy that to effect long-term success, we would need to form a neighborhood-based non-profit organization. (It was also Buck who came up with the first name for the organization—Bernal Heights Community Foundation—which led some people to think that we actually had money. Oh, well, no one bats a thousand). Many of the attendees at the 20th

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Mayor Moscone visits Elsie Street, spring 1978, just months before his tragic death. Left to right: city planner Lu Blases, Mayor Moscone, Buck Bagot, Linda Canaga.

BHNC accomplishments—since 1978

by Barbara Bagot-López

Here is a laundry list, in no particular order, of the BHNC's achievements over the years:

- Organized 350 neighbors to force Mayor Feinstein to keep Bernal Library open.
- Used the same approach to stave off closing of Cortland Avenue Bank of America.
- Worked to push drug dealers out and improve Holly Park, Precita Park, and Bernal Gym playground.
- Forced Housing Authority and police department to clean up Holly Court Public Housing Development.
- Made Bernal safe by demanding beat cops, then coordinating with them, helping to spur Cortland Avenue renaissance.
- Forced corporation to allow development of Coleridge Park Homes low-income senior housing on roof of store at Mission and Virginia.
- Enabled low income families to own homes at Holladay Avenue Homes.
- Kept 46 low-income families in San Francisco by building Market Heights at Farmers' Market.

- Pushed Lucky's out, then acquired property at Cesar Chavez and Mission to build affordable homes for 56 more families.

BHNC accomplishments continue:

- Provides lunch and activities to low-income seniors; helping them to remain independent and out of nursing homes.
- Performs rehab and repairs for low income homeowners and "special needs" housing.
- Publishes *New Bernal Journal* neighborhood newspaper.
- Uses outreach workers to defuse numerous "hot spots" of tension between youth and neighbors.
- Develops array of successful programs for low income and minority youth, including gang prevention and employment services; led formation of Greater Mission Consortium to extend services to Outer Mission.
- Supports numerous block clubs in neighborhood improvement and community policing efforts.
- Enrolls hundreds of members who elect Board of Directors, making BHNC a truly community-based organization.



Board of Directors of the Bernal Heights Community Foundation (later the BHNC) in front of the original office at 300 Cortland, early 1980s. Back row, from left: Lorenzo Dill, Margaret Randolph, Penny Polatsch, Sedalia Brown, Kevin Williams. Front row from left: Mara Liaison with dog Jonah, Barbara Bagot, and Miley Holman with daughter Abigail.

ON SALE

at The Good Life Grocery

<p>Brown Cow <i>Fat Free Yogurt</i> 8 oz. -reg 99¢ 89¢</p> <p>Kozy Shack <i>Tapioca Pudding</i> 22 oz. -reg 3.29 \$2.99</p> <p>Clover <i>Sour Cream</i> 16 oz. -reg 1.99 \$1.85</p> <p>Seventh Generation <i>Liquid Laundry Detergent</i> 32 oz. -reg 6.39 \$5.89</p>	<p>Cascadian Farms <i>Organic Potato Products</i> 16 oz. -reg 2.65 \$1.99</p> <p>Spud Puppies <i>Oven French Fries Hash Browns</i> \$1.99</p> <p>Van's <i>Mini Waffles</i> 7.5 oz. -reg 2.45 \$1.89</p> <p>Imagine Foods <i>Rice Dream Beverage</i> Original, Vanilla, Carob 32 oz. -reg 1.79 \$1.35</p> <p>case of 12 for \$15 (1.25)</p>	<p>Breadshop <i>Blueberry & Cream or Raspberry & Cream Cereal</i> 13 oz. -reg 3.19 \$2.69</p> <p>Casbah <i>Mediterranean Specialties</i> Falafel - Gyros - Hummus - Tabouli \$1.45</p> <p>Casbah Sahara Natural Foods, Inc.</p> <p>Good Health <i>Olive Oil Potato Chips</i> \$3.65</p> <p>Black Pepper Lemon Plain Rosemary 5 oz. -reg 4.49</p>
<p>Little Bear <i>Bagged Popcorn</i> all varieties \$1.35</p> <p>Health Valley <i>Fat Free Soups</i> all flavors 15 oz. -reg 1.85 \$1.35</p> <p>Tazo <i>Boxed Teas</i> 24 ct. -reg 3.99 \$2.99</p> <p>Shady Maple Farms <i>Organic Maple Syrup</i> 12 oz. \$5.99 16 oz. \$7.99</p> <p>Zand <i>Decongest Herbal Formula</i> 60 capsules \$6.99</p>	<p>Monday - Saturday 9:00 am - 8:00 pm Sundays 10:00 am - 6:00 pm</p> <p>We Accept</p> <div style="display: flex; align-items: center; justify-content: center;"> </div> <p>Free Parking Across the Street In our Very Own Parking Lot!</p> <p>ATM Cards MasterCard & Visa Cash & Checks Food Stamps</p>	

The GOOD LIFE GROCERY

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The Day Laborers: A Perspective

by Father Michael Weldon as told to
Helen Helfer

[Father Michael Weldon was the pastor for St. Anthony's Church, on Cesar Chavez between Shotwell and Folsom, until December of 1998.]

As Pastor of St. Anthony's Church for the past 10 years, one of the biggest issues facing our people has been the growth of men waiting for jobs across the street. They run over the top of each other to catch the possibility of a day labor position. The city is providing fewer services than before. It's been over a year and a half since there have been any newspaper articles written about the issue.

I see several areas as crucial: food (their diet is terrible—we serve them breakfast at the church two days a week); housing (there are two shelters operative in the neighborhood now, and that's nowhere close to handling the number of men waiting for jobs); and the difficulty of mixing the San Francisco homeless population with the day laborers because of their different needs. Long-term substance abuse is a bigger issue in the homeless population.

We've also had difficulty with bathroom issues. The property owners in the neighborhood don't want to put public bathrooms up because that will encourage the day laborers to stay, so the laborers are using anything that's available, including people's flower beds and corners of alleys. We made our bathroom available and had difficulty supervising it because of the large numbers of men using it; the sewer system got plugged up several times. The city told us

two years ago, through Bevin Dufty in the Mayor's Office, that they would help us make "Porta Potties" available on the Bernal Dwellings worksite and could make an agreement with the Housing Authority to do that. They have not followed up nor answered my phone calls, so I gave up on the issue. We rented, as a parish, a Porta Potty, which is at the corner of our parking lot.

There are only two shelters in this area, and they fill up by 4:00 in the afternoon. The Day Laborer program [an employment, referral and support program—the only one in the city] is at 16th and Potrero. The difficulty is that the program is a long way from here. I'd like to see the city upgrade the Day Laborer program and move it to the end of Chavez Street in one of the warehouses there. Several people made that suggestion in meetings two years ago. A large space there could combine services and also be a shelter for the men at night. We'd then be able to protect their needs better and deal with them aside from the homeless population. If that isn't possible, the building next to the Steak House on Mission Street has been empty for over 10 years and would be an ideal location for that kind of program as well.

I'd also like to see the whole issue assessed, including the funding of the Day Laborer program. It needs to be evaluated to see if it's targeting the population, and if not, what more could be done. I asked Supervisor Medina once to look into the issue of bringing some of the services to Chavez Street, and he said that there was so much politics locked around it that he couldn't jump into it. It was a closed issue.

continued on page 11



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Playing it local for Valentine's Day

by Valerie Harris

What to do about Valentine's Day? The New Bernal Journal has done extensive research and found that you can take care of all of your Valentine's Day needs right here in Bernal Heights. Here is a step-by-step, mix-and-match guide to give you some ideas.

1. Start with a traditional, or not-so-traditional, Valentine's Day card.

• **Heartfelt** (436 Cortland) has a wide selection of cards for all persuasions. Artistic, humorous, hand-printed, textured—they're all there.

• Use a computer at **Fax This!** (322 Cortland) to make your own personalized card. Graphics range from hearts and flowers to a frog prince. Then choose from a selection of messages. (Closed on Sundays.)

2. Along with the card, you can add one or more of the following:

• Need chocolate? **The Good Life Grocery** (448 Cortland) has premium Belgian chocolate from the Endangered Species Chocolate Company (honoring the manatee, the harp seal, and other critters), plus other imported and domestic sweets.

• Flowers are another Valentine's Day tradition. **Blumengarten** (399 Cortland) has floral arrangements featuring extra large Ecuadorian roses and potted mini-roses or tulips. (Get \$5.00 off delivery for orders placed one week in advance.)

• For jewelry, try the **Teodosia Gallery** (430A Cortland) for bead and stone earrings or stained glass people pendants.

• Find West African beaded bangle bracelets and embroidered Nigerian caps at **Grace and Elegance** (451 Cortland).

3. For those who want to start their celebrations early (why wait?), there are breakfast and brunch opportunities all over.

• For the really early (love) birds, **Moonlight Cafe** (634 Cortland) is open at 7 a.m. Enjoy a scrambled egg breakfast, a bagel with toppings, or a scone with your espresso drink.

• **Progressive Grounds Coffee House** (400 Cortland), open at 7:30 a.m., offers quiche, bagels, pastries and espresso drinks. (You can even have a morning scoop of ice cream.)

• After you and your sweetheart finish your morning dog runs in Precita Park, you can stop over at the **Park Bench Cafe** (3214 Folsom) for continental breakfast. Soups, sandwiches and Tom's Peasant Pies are on the lunch menu.

• For brunch, the **Barking Basset** (803 Cortland) has French toast with steamed apples, whipped cream and walnuts, or skirt steak salad with gorgonzola vinaigrette.

4. Or, how about an evening out? Choose from these:

• Travel to romantic Italy with dinner at **Cafe Cozzolino** (300 Precita) and Italian specialties.

• On the other side of the globe, there's Asian and Pacific cuisine from **Moki's** (830 Cortland). Choose from Grilled Salmon with Mango Cucumber Sambal, or traditional or specialty sushi.

• The **Liberty Cafe** (410 Cortland) is featuring a special Valentine's Day fixed price menu. Call ahead for reservations.

• At the **Hungarian Sausage Factory and Bistro** (419 Cortland) you can sample specialties like Mushroom Paprikash, or Gulyás, a traditional beef stew.

• Make a night of it at **Roccapulco** (3140 Mission), which now serves dinner. Live mariachi music starts at 5 p.m. Valentine's Day party with Caña Roja and Tito Garcia starts at 9:30.

5. Or play it really casual and comfortable—how about some take-out?

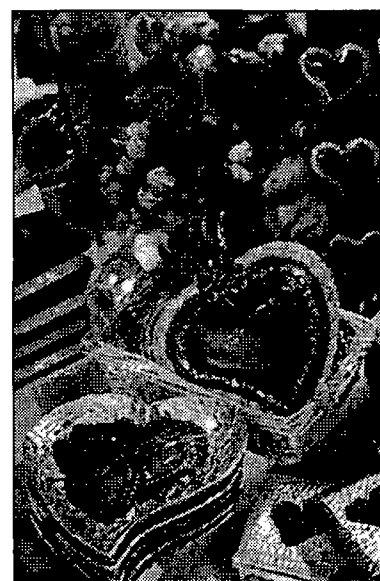
• **Hunan Chef** (525 Cortland) serves Dim Sum until 4:00. Or order a five-course Seafood Dinner for two.

• **Pizza Express** (919 Cortland) has calzone, barbecued chicken and ribs, and, of course, a creative selection of pizzas.

• From the deli counter of the **Good Life Grocery**, try roasted chicken (lemon or barbecue), gourmet side dishes, and for your vegetarian friend, vegan Greek tofu salad. Top off with a fresh baguette and a bottle of California wine.

6. To make your cozy tête-à-tête even more special, add at least one of the following:

• Match your mood with back-



© BEVERLY THARP 1999

Valentine trinkets from Heartfelt.

ground music from **News and Noise** (439 Cortland). Try "Romanza" from the Italian singing smash, Andre Bocelli, or Sade's "Love Deluxe," or the classic "Ultimate Nina Simone."

• You've gotta have candles. **Heartfelt** has heart-shaped floating mini-candles, colored tapers to match your love nest, and "Blessed Herbal Candles" with names like Heart, Happy Home and Serenity, and Lover Pan.

• **JC Super** (820 Cortland) has a huge selection of spirits, including Amaretto, champagne, wine and sake.

• Curl up together with a book from **Bernal Books** (401 Cortland). The selection ranges from Elizabeth Barrett Browning's *Sonnets from the Portuguese* to *Erotic Art* by Living Artists from Art Network Press. Or make your own art with "The Henna Body Art Kit" from Arlee Marion.

• Get clean together with effervescent heart-shaped bath salts from **Blumengarten**, or treat each other to a Peppermint Foot Lotion rub-down.

• Get out your hankies for a classic like Charlie Chaplin's "City Lights" from **Four Star Videos** (402 Cortland), or try something more modern like "Sleepless in Seattle," or this researcher's favorite Japanese noodle-and-love story, "Tampopo."

Repeat any of the above steps any day of the year. Long live love!

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Special Events

Valentine's Day

- **22nd Annual Senior Adults' Valentine's Day Dance.** Live music, prizes, snacks. Sponsored by the San Francisco Recreation and Park Department. Thurs. Feb. 11, 12:30-3:30 p.m. County Fair Bldg., 9th Ave. and Lincoln Way. For information, call 666-7079.
- **Valentine's Day Party for Adoptable Pets** at the SPCA Maddie's Pet Adoption Center. Special goodies when you adopt a pet. Sat. and Sun., Feb. 13 and 14, 11 a.m.-6 p.m. 250 Florida St. For information, call 522-3500.
- **Lunar New Year—Year of the Rabbit**
- **Chinese New Year Flower Fair** on Grant Ave., Broadway to Jackson and Pacific Ave., Stockton to Kearny Sat. Feb. 13, 10 a.m.-9

p.m. and Sun., Feb. 14, 9 a.m.-6 p.m.

- **Chinese New Year Parade.** Market St. to Chinatown. Sat. Feb. 27, 5:50 p.m.
- **Black History Month**
- **Maritime National Historic Park—special programs,** including "Blacks in the Liberty Ship Program," Sat., Feb. 27, and "Chanteys for the Blackjacks," Sat., Feb. 13, 2-2:45. For information, call 556-3002.
- **Eleventh Annual Unsung Hero Awards Program** honoring individuals from the African-American community. Sun., Feb. 28, 1 p.m. Main Library, Civic Center. For information, call 557-4277.
- **Women's History Month**
- **"Wendy the Welder"** slide show. Sun., Mar. 14 and 28, 3-3:45 p.m. Hyde St. Pier, Fisherman's Wharf. For information, call 556-3002.

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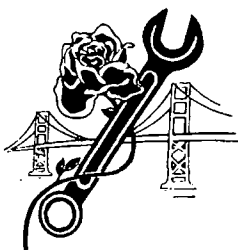
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Bernal Heights Neighborhood Center

Open letter to the community from Mauricio Vela, BHNC Executive Director

As the new Executive Director of the Bernal Heights Neighborhood Center, I want to take this opportunity to thank our members and past supporters and to extend a warm and sincere invitation to all Bernal residents to participate in this year's Neighborhood Center activities.

As many of you know, the Center's staff are a committed group of diverse individuals. They work diligently to meet our contractual obligations, but more importantly, to impact the entire community through our services. Together with our Board of Directors and other volunteers, we strive to meet the mission of the Neighborhood Center which is, "To empower the people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people".

There are plenty of opportunities to get involved this year. Primarily, beginning March 1, the BHNC will be conducting a strategic planning process. We invite and encourage our neighbors' involvement as we create a three year "road map" for the organization. The plan will include the evaluation of current programs and activities and the needs of our at-risk Bernal, Excelsior, and Outer Mission residents.

Our Friends/Membership Drive will start in February and culminate at our annual

Community Congress. Membership helps us raise necessary unrestricted funds. We hope to present the results of the strategic planning process at Congress and recruit community members to assist us as we implement the plan over the next three years.

Congress is also the opportunity to elect one-third of the Board of Directors. You must be a current member and resident of Bernal to vote at Congress. Those neighbors interested in running for the board should attend our monthly board meetings held on the fourth Monday of the month at 6 p.m., and/or participate on one of the Center's committees. The Center's monthly calendar is always posted on the front door of the Center with times and locations.

Many other volunteer opportunities exist, such as working with our seniors, delivering the New Bernal Journal, or helping to produce our annual Fiesta On The Hill in October.

As we enter into our second twenty years of service to the community, I hope you will remain or become part of the center. Our community is full of assets like yourself. We need your help to keep Bernal Heights healthy and vibrant.

You can always reach me at 206-2140 and I'll get back to you as soon as possible.

Senior potluck to honor Black History Month

The Bernal Heights Neighborhood Center Senior Program invites you to celebrate Black History Month at our Soul Food Potluck Dinner. Bring a dish and join us for an unforgettable evening with good food and entertainment from members of our own community. The fun will happen on Saturday, February 27, 5 to 7:30 p.m. at the Bernal Heights Neighborhood Center, 515 Cortland. Tickets are \$5.00 per person and can be purchased at the Neighborhood Center or at Gifts on the Hill at 513 Cortland. For more information, call 206-2141. Hope to see you there!

Dear Neighbors and Friends,

As many of you know, 1998 marked our 20th year of serving this unique and diverse community through our senior, youth, organizing and affordable housing work. **We could not be here without your support.**

Through our programs and with your ongoing help, there are many issues we must continue to address as a community, such as:

- the growing needs of our most vulnerable neighbors, including the homeless and families losing welfare benefits;
- keeping our frail elder neighbors in their homes as long as possible with volunteers, case management, and home-delivered meals;
- providing ongoing support for our at-risk children and youth;
- building affordable homes for folks who can't afford the high cost of housing in our neighborhood, like our soon-to-be built 55-unit development at Cesar Chavez and Mission Streets.

Won't you please take a moment to fill out the form below and send in your tax deductible gift?

Thank you for helping to support the Bernal Heights Neighborhood Center's mission: "To empower the people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people."

YES, I want to support Bernal Heights Neighborhood Center. As BHNC is a non-profit, my gift is fully tax deductible.

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I am interested in working on:

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A letter from Dorothy Coakley

If you've been by the library recently, you know that I've taken a position as branch manager for the Ocean View neighborhood. We're building a new branch that is scheduled to be opened in the spring of the year 2000. It's pretty exciting preparing to move from the tiny branch at 111 Broad Street to a facility which will be three times larger, but I still miss all of you a lot. Bernal will always be in my heart!

For over ten years I have been your children's librarian. I've seen a whole generation of kids become teenagers, and some of these first kids are now parents. We've had hundreds of class visits, special programs, and over ten years of visits from Jing Mo Lion Dancers. It's been a "wild ride," as Sally Rosen said to me on my last day at the branch.

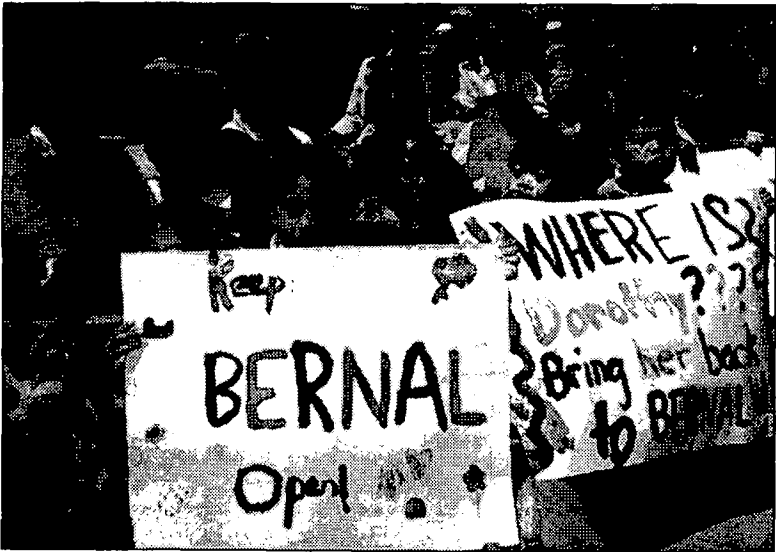
During the decade, we've seen several threatened branch closures as city revenues waxed and waned. The neighborhood petitioned, cajoled, fund-raised, and moved into high gear to keep the branch open. One year the neighborhood worked very hard to bring me back from another branch and was suc-

cessful in the end. Bernal is a special place where kids learn early that participation in the political process works. And these events helped everyone to rally around the library and make it the strong, community-based place that it is today.

Over the years, a strong neighborhood has become stronger. The Good Life Grocery brought healthy food, good vibes, and local jobs to the community. Local restaurants like the Hungarian Sausage Factory have made the area an international landmark for good food. Small shops, businesses, and manufacturers have added their own vitality, while churches and schools have become alive with a new sense of purpose. All of this has come about because of the extraordinary people of Bernal Heights kids, parents, seniors, and others who believe that in Bernal Heights anything is possible. (A new recreation center? A movie called Bernaltown? Hey, why not!)

Bernal is a place that works. I love all of you, and I'm sure going to miss you. You'll always be in my heart.

Dorothy



Elementary school students protest at City Hall, 1993.

LIBRARIAN continued from page 1

After a three-month struggle, including a monthly Bernal Heights presence at the Library Commission meetings, Coakley was returned. With the passage of Proposition E, branch libraries were provided funding for 15 years. Library circulation improved. And the relationship between the Library Commission and the Bernal Heights community developed into a positive partnership.

The library will continue to build on the good work Coakley did during her time here, but she will be missed. Said Woog, "One of her great assets was her joy in doing her job". Said Vela, "She's caring, unselfish, a leader and a thinker, and an inspiration that we can make changes if we gather together."



• BEVERLY THARP 1999
Young performer from Bernal Library's annual Lion Dance .

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Wellpower: How Chinese medicine can heal you

by Tamara Wolfson

In the interest of living a long, healthy, fruitful life, Chinese dietary therapy, a 2,000-year-old tradition, has provided us with a system of precise diagnostics and optimal nourishment for our bodies. It has been used as an aid for promoting longevity and health maintenance and is also a powerful form of remedial therapy. As we Americans continue to explore the use of preventative health care and holistic health treatments for our illnesses, the dietary information gathered over the last few thousand years by Chinese medical physicians can be applied with significant results.

But why should we consider another system of nutrition? Let's take a brief look at the situation. Our common Western understanding of nutrition categorizes food by its chemical characteristics, the major distinction being whether it is a lipid (fat), carbohydrate (starch) or protein, while the "food pyramid" gives us a strategy for how to eat well. Somewhere, however, there is a breakdown in our utilization of this system. For one thing, most people don't think about food chemistry when they are hungry. Secondly, I believe the food pyramid has major dietary flaws, namely a foundational diet which encourages Americans' predilection to meat and dairy products. I also believe we will witness in the next decade an increase in information regarding the dangers of artificial food additives, chemicals such as antibiotics and hormones, preservatives, and colors, all of which presently saturate the American food industry.

Realistically, our food selection appears to be based on the counting of calories, our momentary cravings, our familiar eating habits from childhood, how quickly it can be prepared, as well as what happens to be available at the closest grocery store for the least amount of money. Eating has become an outlet for our addictions to sugar, salt, and fat and is commonly viewed as an inconvenience or quick task to be accomplished. Of course, there are many exceptions to this grim picture, but based on the many discussions I have had with people about food, this

does seem to be the general experience.

Everyone has heard the cliché "You are what you eat," and I think we have an innate understanding of this adage. Not only do we have a subtle understanding that our food and water supply may be making us sick, but that what we are eating is directly affecting how we are feeling and therefore how we choose to interact with others. The premise is grand, but I do believe that changing our diet not only affects our lives and health in a more positive way, it also changes the lives of those around us. Food is medicine; in fact, it is "planetary medicine." It is the most fundamental medicine there is, and it has the power to sustain health and treat illness.

Chinese dietary therapy addresses nutritional needs with a system of dietary understanding that can be individualized to each person and their own particular constitution. In addition, the system is inherently logical and user friendly. After learning the basic tenets of this system, the question quite simply becomes, "According to this system of medicine, what do I eat, where do I get it, and how do I cook and eat it?" Rest assured, you do not need to eat oriental exotic foods to work with this system. In fact, you can easily follow the suggestions and apply them to foods familiar to you.

The Chinese Food Paradigm

There are two basic categories of food classification which are used to create a personalized dietary prescription. The first is that of the food's "flavor," and the second is its inherent "temperature." According to the Ling Shu (Spiritual Pivot), a text from the third century, "Only a diet comprised of all five flavors—sweet, bitter, pungent (spicy), sour, salty—can keep the bones straight, the sinews supple, the Qi and blood flowing, the pores closed, and the functioning of the five major organs coordinated and balanced harmoniously. Conversely, persistent addiction to a certain flavor will lead to its accumulation within the body and, in the course of time, will result in a loss of balance within the organs and bowels." (Translated by Honora Wolf in *Eating for Longevity*.)

[Note: Qi, pronounced "chee," is matter on the cusp of becoming energy, or energy on the verge of materializing. In Chinese medicine it is recognized and defined indirectly by how it functions within the body.]

Food flavors are important in Chinese medicine because they have important effects within the body as well as in relation to specific internal organs. One of the most well known relationships is that between the consumption of salty-flavored food and high blood pressure, but there are many other correspondences of flavor to function that many people are unaware of.

In general, "sweet" flavored food specifically affects the functioning of the digestive system and can overburden its workings, causing an accumulation of phlegm and dampness in the body. In children this pathology is seen by the Chinese physician as being a fundamental issue when treating chronic ear, nose, and throat infections. In adults is often associated with symptoms of fatigue, muscle weakness, and weight gain. In fact, this accumulation of dampness is seen as a fertile breeding ground for chronic degenerative disease. However, when eaten in a balanced fashion, the "sweet" flavor can supplement and soothe the body, as honey does to a sore throat. The "bitter" flavor can be used to dry dampness in the body, clear heat, and drain a counterblow of Qi (such as cough, hiccups, vomiting, and nausea) via purgation.

According to Chinese medicine, the "bitter" flavor enters the organs of the heart and small intestine, and can universally be defined as "soul" food.

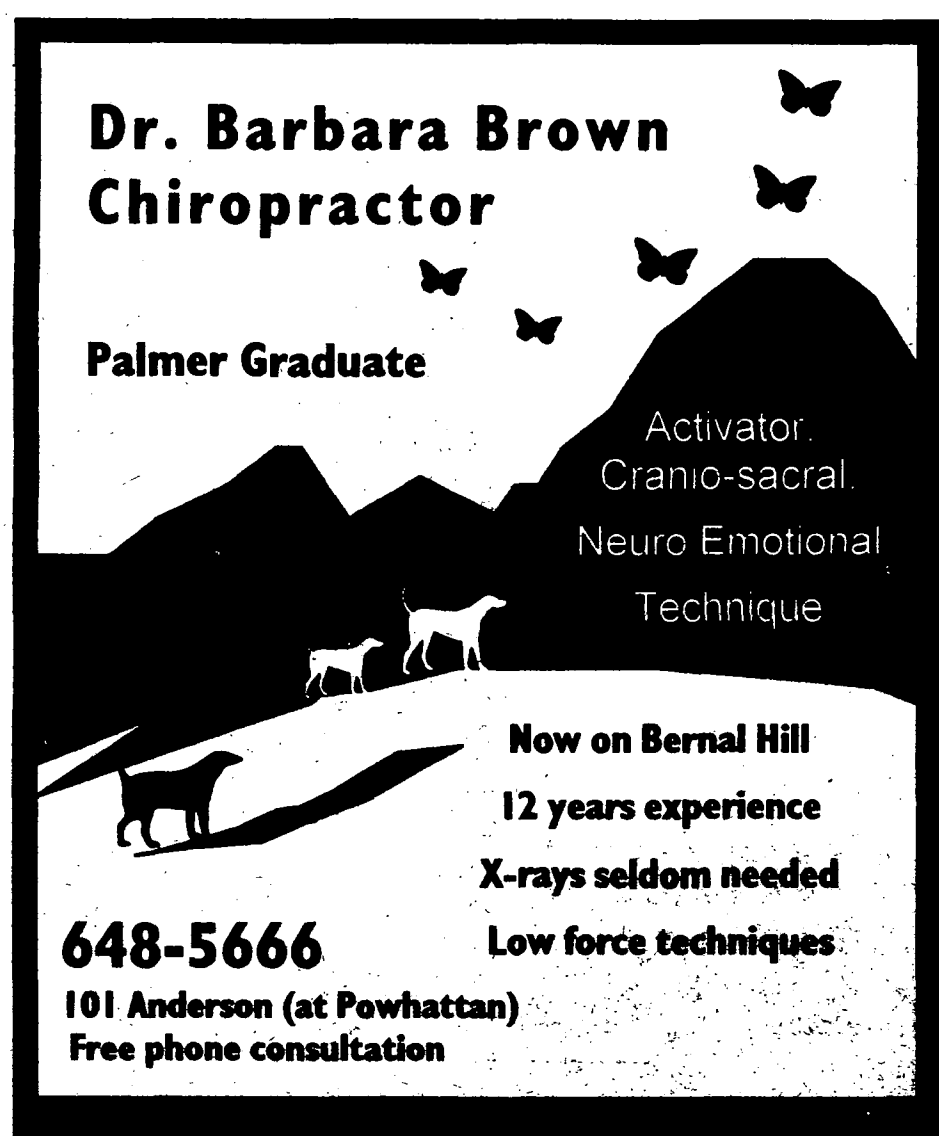
The "spicy" flavor enters the lungs and large intestine and acts to disperse and move or stimulate circulation and also assists the body in ridding itself of a pathogenic invasion. For instance, when we are caught outside in the cold and "catch a chill," we can drink a cup of ginger tea to help us sweat out the "cold invader."

The "sour" flavor enters the liver and gallbladder and acts to contract and astringe the systems of the body. The "sour" flavor can be used, for instance, in the case of diar-

continued on page 15

CALENDAR For Your Health

- **Osteoporosis Q&A** Free community lecture. Fri., Feb. 19, 6-8 p.m. at St. Luke's Hospital, 3555 Cesar Chavez. Please call 641-6465 to register.
- **Breastfeeding Center** for classes, consultation, supplies. See ad below. St. Luke's Hospital, 3555 Cesar Chavez. Call 641-6869 for information.
- **UCSF Workshop for Older Adults on Alternative Medicine.** Free. Pre-registration is required. Sat., March 13, 8:30 a.m.-12:30 p.m. UCSF Laurel Heights Conference Center, 3333 California St. 750-5342.
- **Women's Health 2000 and Teen Health 2000.** Sixth annual symposium with the theme, "Optimizing Your Health for the New Millennium." Teen symposium for young women ages 13-18. Sat., March 20, 8:30 a.m.-4:30 p.m. UCSF Campus, 513 Parnassus Ave. Fee. For registration or information call 263-0321.
- **Alzheimer's Association support groups** and informational programs. Groups also presented in Spanish, Cantonese and Russian. For information call 800-660-1993.
- **HELPLINK**, the Bay Area's comprehensive information and referral service for information on mutual support and 12 Step groups. This service is also available in Spanish and Cantonese. Call 800-273-622 or visit their web site at www.helpink-sf.org.
- **Leukemia Society Family Support Group** for patients with leukemia, lymphoma, Hodgkin's Disease or myeloma and their families and friends. Second Tues. of the month, 6-7:30 p.m. UC San Francisco Medical Sciences Bldg. Before attending, call facilitators Carolyn Long, LCSW at 476-5965 or Cheryl Breed, RNP at 476-4052.
- **HIV Testing** at the Haight Ashbury Free Medical Clinic. Confidential, free, nonjudgmental, client-centered, and convenient. Call 487-5632.
- **Overeaters Anonymous Meeting.** Every Thurs. 5:30-6:30 p.m. St. Francis Room, St. Anthony's Church, 3215 Cesar Chavez at Folsom. For information, call Sarah at 826-8038.



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BHNC Youth Department update

by Jeannie Hwang,
BHNC Youth Services Director

Shirley Jones, a 19-year-old mother of one and a Bernal Heights resident, recently received the assistance and guidance she needed from Tinisch Hollins, Job Developer with our YES (Youth Employment Services) Job Development program. Since Shirley has a health condition, she wasn't able to be placed in just any type of job. After a brainstorming session with Tinisch, Shirley decided to start up the Reliable Babysitting Service for Bernal Heights residents who needed child care services. Shirley and Tinisch developed flyers that were then posted around Bernal Heights.

"I've always loved children," says Shirley. "I used to babysit and I really enjoyed it, so I just decided to start up again." We congratulate Shirley for being such a creative entrepreneur, and Tinisch for working with her successfully.

Although Shirley was successfully placed, there are many other youth and young adults in our area who are actively seeking employment through our YES program. Clients of YES are screened by Tinisch in order to ensure successful placement and receive follow-up services. If you are an employer who is currently hiring, or a youth between the ages of 16 and 24 looking for work, please call Tinisch Hollins at 206-2140, ext. 146.

GMC (Greater Mission Consortium) had a very successful Open House event on December 10. The packed room was filled with youth and adults from the neighborhood as well as community organizations, as they came together to celebrate the re-opening of GMC. The GMC collaborative agencies introduced their services, and a representative of assembly member Kevin Shelley presented the Office and GMC staff with a proclamation.

The word that GMC Office is a space where youth can feel comfortable is quickly spreading. Hermes Miranda, age 16, declares that "GMC is just another place that kids of any age can come and hang out. It's a great place to keep kids entertained and out of trouble."

For the new year, Eleni Gekas,

GMC Site Manager, has developed a full and varied calendar of events. In addition to the youth employment services and legal services, we are now hosting a "Game Day" (Tuesdays) and "Art Day" (Wednesdays). On Thursdays, Eleni will lead a "Girls' Group" for high school girls. Some of the relevant issues they will discuss include relationships, sexuality, body image, violence against women and girls, and substance use. If you would like to participate in any of the activities or services at GMC, please contact the office at 334-9919 or the Center at 206-2140, or stop by the GMC Office at 4667 Mission Street (at Ocean).

United Playaz (UP), the highly successful youth violence-intervention program, has expanded to Luther Burbank and James Denman Middle schools. Gang Prevention Counselors Julissa Vinals and Rudy Corpuz have been working

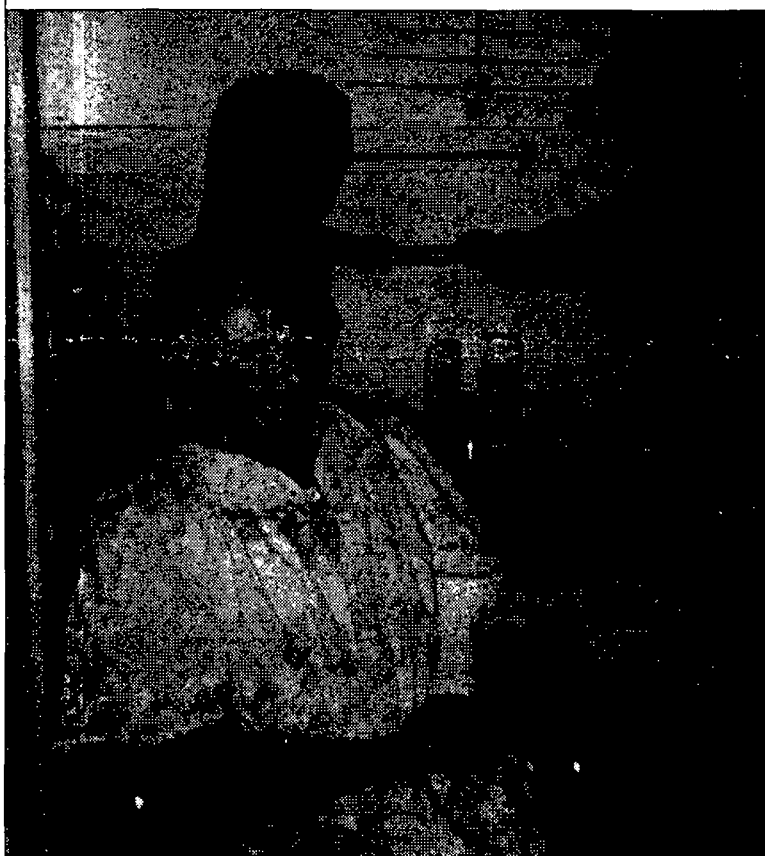


Santa and a couple of happy kids at last year's Holiday Toy Givaway.

with the school staff and have begun maintaining a constant presence at the school sites, where they provide individual case management and support groups and help

continued on page 15

BHNC's NEST and Hands On SF help local seniors



Lisa Lopez Coffey

Bernal Heights resident Roselee Higdon looks on as volunteers Lisa Cunningham and Michael Dawson install a safety grab bar in her bathtub. The in-home safety project is part of an ongoing collaboration between the Bernal Heights Neighborhood Elders Support Team and Hands On San Francisco. Seniors in the local community are encouraged to contact the NEST program for more information at 206-9177.

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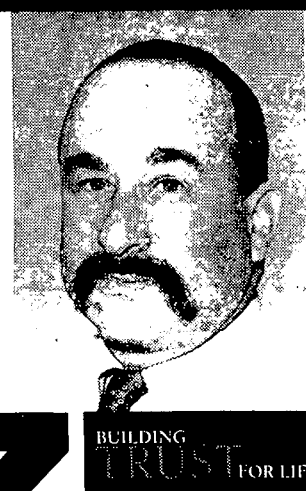
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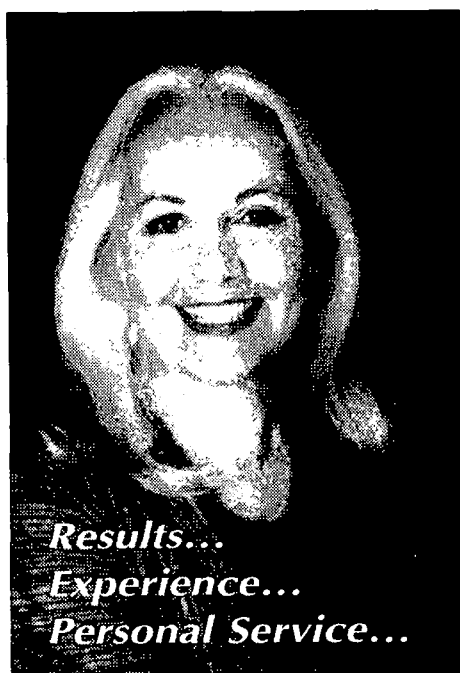
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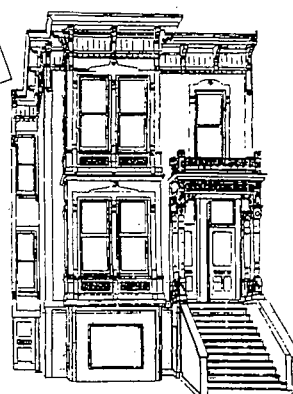


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Recycling: 1998 In Review

by David Assmann, Senior Administrator,
San Francisco Recycling Program

More than 90% of San Francisco residents are now recycling at least once every two weeks, according to a recent survey conducted for the San Francisco Recycling Program by David Binder Research. Seventy percent of residents recycle at curbside, while 20% recycle in apartment buildings. In addition, 18% recycle at drop-off or buy-back centers. While the vast majority of residents reported that they are recycling, the survey also showed that residents are not always recycling the full range of recyclable items. For example, while more than 85% of residents reported that they recycled newspapers, glass jars and bottles, aluminum cans, cardboard boxes, or plastic bottles, less than 71% recycled junk mail, 70% recycled tin or steel cans, and only 22% recycled aerosol or paint cans.

When asked about recycling other items, 63% of San Francisco residents would like to recycle yard trimmings if they could, 52% would recycle used motor oil and 43% would recycle food scraps. More than one-third of respondents volunteered that they would be interested in recycling additional plastic items.

The most common reasons residents gave for not recycling was that they didn't have a place to store materials or they thought that trash collectors or other city employees sorted recyclables from their trash.

The younger generation is definitely encouraging parents to recycle. Almost two-thirds of respondents with children reported that they had heard their children talking about recycling at home.

Actual recycling figures for 1998 back up the survey results. It was a record year for

curbside recycling. We recycled more than 125 million pounds of paper, glass, aluminum, steel, and plastics through the Curbside and Apartment Recycling Program last year—up more than 5 million pounds from 1996. That's more than 384 pounds of recyclables per household!

While this total is impressive, we still have lots of room for growth. We currently recycle only a little over one-third of what's recyclable through the curbside and apartment recycling program. And we still have a long way to go to achieve the state-mandated goal of reducing waste by 50%.

Paper, including newspaper, remained at the top of the list of materials recycled, making up more than three-quarters of all recyclables collected. The next most recycled material was glass, accounting for about one-fifth of the total.

Looking ahead, we're planning special promotional campaigns this year for a number of neighborhoods. We've also initiated a special "Join the Challenge, Recycle More" campaign for public and private elementary, middle, and high schools. Schools that demonstrate significant progress and innovation in the area of waste reduction, reuse, and recycling are eligible to win between \$1,000 and \$5,000. More than 60 schools have signed up in this campaign to date. The campaign began on January 4 and will last until March 26. At least three winners will be announced at an awards ceremony in the spring. The award money, provided through a grant from the Goldman Foundation, will be slated for environmentally sensitive capital improvements.

For more information on any of our programs, call our 24-hour hotline at 554-RECYcle, or visit us on the web at www.sfrecycle.org.

ST. MARY'S YOUTH FARM PROGRAM continued from page 2

always present), do farm maintenance and work in the native plant restoration area. The interns also have writing assignments, especially during the wet winter days. Supervisor Jason Patterson said, "We teach them about gardening, and we also keep their minds stimulated." He said that there is much writing and artistic talent among this group.

Come spring, the young farmers will be getting ready for the late spring crops. Then comes the peak season, June through October, with its intensive farming and summer crops such as corn, potatoes, tomatoes, and peppers.

The farm also provides a service to the

Alemany Housing Development community. With the help of interns and staff, residents can pick their own fresh vegetables and fruits, and in the peak harvest season interns deliver the free produce door-to-door. Next summer Colen plans to have a weekly produce table to give the interns experience in another type of distribution.

This service aspect is important to the interns. McPeters said, "They teach you a lot of things about helping the community." And Hall said, "It feels good, knowing where I came from, to be sharing, doing things with the community."

CALENDAR for Volunteers

• **Assemblywoman Carole Migden** is seeking volunteers and interns for her San Francisco office. Duties will include working on constituent cases, attending community events, general office work, and more. For information, call Ann Kamer-Roth at 673-5560.

• **Bernal Hilltop Native Grassland Restoration Project** work parties. Sun., Feb. 21 and Sun., and March 21, 11 a.m. For more information, call Barbara or Roland Pitschel at 282-5066.

• **The Hormel Gay and Lesbian Center** at the San Francisco Public Library, Main Branch, needs volunteers to serve as greeters. Free two-hour training session. For information, call Paul Signorelli at 557-4280.

• **Maritime National Park** needs volunteers for sail demonstration crew. Work with National Park Service rangers to explain maritime history. Training takes place on Sat., March 13 from 10 a.m.–2 p.m. The park is located at the west end of Fisherman's Wharf. For information, call 556-1613.

• **San Francisco School Volunteers** needs volunteers to tutor, assist in the classroom, help out in art, gardening and special education programs, and more. For information, call 274-0250.

• **San Francisco Superior Court** is seeking volunteers for possible service on the 1999–2000 Civil Grand Jury of San Francisco. Application deadline is April 12. For information call the Grand Jury Office at 551-3605.

• **San Francisco Women Against Rape**—Anti-rape activists needed to support sexual assault survivors. Counselor training begins Feb. 18. For more information, call Janelle at 861-2024.

• **Shanti** needs volunteers to provide practical and emotional support to people with HIV/AIDS. Comprehensive trainings will be held over two weekends, Feb. 19–28. For information call Maureen Smith at 674-4722 or email msmith@shanti.org.

DAY LABORERS continued from page 5

At night I have a small shelter behind the church garage with three beds. I can often take younger kids who are just up from across the border and scared. They haven't been mentored and often they come at night and don't know where to go. The church is just a familiar spot, so we'll take them for a couple of days. We then refer them to the Day Laborer program and also keep lists of housing and when different organizations are feeding folks. Most of the men don't want to leave the neighborhood for services.

We need to work with the neighbors and create communication between the people who own homes on Cesar Chavez as well as services providers, church people, and the city to bring people together who are trying to work on this issue. It needs to be an "invitation only" meeting or the possibility exists of turning against the day laborers. That would be terrible. They're the poor and they have as much right to be here as we do. Day laborers are a precious, low-resourced group of people, just looking to survive and send something to their families. Right now they're forgotten. I'd like to see the groups in the neighborhood pick the issue up again and have someone act as advocate for them. St. Anthony's will stay involved. From the leadership of our people, aside from the parish staff, there's a great deal of investment and desire to serve that population. For our Guadalupe celebration we had a lot of day laborers come in and sing the Mananitas with us, and then stay for a big tomas breakfast afterwards. It was a beautiful party.

Bernal Heights has always been a neighborhood of immigrants. St. Anthony's was founded to work with German immigrants, and I'm not sure they were all legal—or the Italian immigrants who formed the Immaculate Conception church. This neighborhood has always specialized in them. It would be a tragedy to lose that focus.

New Wednesday Flea & Produce Market at the Alemany Farmers' and Flea Market

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Need some pointers on how to make "Speak Up For Kids Day" work for you?

Come to an optional training on Feb. 10 (3 to 5pm),

Feb. 11 (4 to 6pm), or Feb. 11 (6 to 8pm) at

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Innovations in education at Leonard R. Flynn

by Charles J. Ducharme,
Leonard R. Flynn School
Technology Resource

Exciting things are happening at Leonard R. Flynn Elementary School. Principals, teachers, students, staff, and parents are involved in a unique curriculum which combines the school's four distinct program areas into a cohesive educational format based on unity and cooperation. All students, who come from either the Mission, Bernal Heights, Bay View/Hunter's Point or Sunnydale districts, participate in I.R.I.S.E. (an Afrocentric based curriculum), English Plus (a program for Spanish speaking students), General/ELD (English Language Development, which caters to students in the general population), or Special Education (focusing on children with special curriculum and instructional needs).

While designated to one of the core areas, LR Flynn students are not confined to them. Grade level teachers collaboratively plan and implement units in science, social studies, art, health, and physical education which are based on the San Francisco Unified School District's Curriculum and Standards. In collaborating, teachers develop lesson plans in their areas of expertise. Children are then regrouped during the afternoon, offering them opportunities to interact with a new group. We call this program "UMOJA" or "Unity." Leonard Flynn students learn the invaluable lesson of team work while attempting to undo some of the "already formed" racial stereotypes.

The children at Leonard R. Flynn School also participate in the philosophy of I.R.I.S.E. or Infusing Responsibility for Intellectual and Scholastic Excellence. This Afrocentric program attempts to unravel the paradox of why many African American children are unable to demonstrate their potential for learning in public schools. I.R.I.S.E. offers specific teachers strategies and training in novel but well-researched methods for educating inner city African American children. According to Jamela Parker, a fifth grade Leonard Flynn I.R.I.S.E. teacher, "having received outside support, we return to the classroom with a variety of unique, yet realistic tools for



Brittany from a third grade I.R.I.S.E. class.



Artemis and Tiara from room 304 constructing a city out of cardboard and paper.

addressing this student population. For example, our children learn with the beat of music."

Through I.R.I.S.E., the students also find their academic curriculum infused with personal and community-based experiences. Anchored in personal experiences, students no longer approach learning as an abstract, distant concept. For example, according to Michelle Henry-Ellis, a resident of the Bayview-Hunter's Point district and third grade teacher at Flynn, "When students examine the concept of money, they are able to study the prevailing attitude toward money in their communities. They not only look at the concept of numbers, but they think about how money is spent at home."

But the impact of I.R.I.S.E. is not isolated to only the designated I.R.I.S.E. class. The entire student and faculty bodies of Flynn have embraced a "positive" approach to self-discipline. All students are encouraged to know and practice the Virtues of Maat. Queen Maat was a legendary Egyptian who was told her heart must be as light

continued on page 15

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Junipero Serra's Tues. Night Forums

by Warren Cane, Principal

The Tuesday Night Forum is a series of meetings in which members of the community, parents, the school and the Bernal Heights Neighborhood Center can discuss issues of concern to Junipero Serra Elementary School. Here is a report of our second meeting.

At our January meeting we had a small but enthusiastic group of participant in spite of the storm, President Clinton's State of the Union Address, and the fact that it was the day of a school holiday. We discussed issues which impact the neighborhood use of the school yard, including safety issues brought up about the stationary play structure. It was revealed by Principal Cane that a written request based on an extensive survey of community, parents and students had been submitted to the district for removal of specific pieces of equipment. It was discussed that we could plan for grant writing or fund raising to purchase new, safer and more relevant pieces of equipment for the school and neighbors to use.

Participants in the Mayor's Great Sweep discussed the great success of the event.

More than 48 enthusiastic parents, student, neighbors and teachers cleaned around the 18 trees that border the school as well as the streets, sidewalks and planted areas around Park Street, Holly Park Circle and Highland. His Honor Mayor Willie Brown came by and congratulated everyone who was working so hard to make our wonderful neighborhood even more beautiful.

A document which starts the process of looking into school uniforms was discussed. As soon as a committee is established, the process of investigation will go ahead.

Three visitors from an urban design class at Stanford University joined the meeting and will be presenting a report about our community to their class soon.

Our next meeting will be held on March 16, the third Tuesday in March at 7 p.m. (The February meeting has been canceled because the school will be closed in honor of Lunar New Year.) The location will be in the usual spot — the school cafeteria. The telephone number of the school is 695-5685. Please call Principal Cane if you have any questions about the meetings, or any issues to add to the agenda.

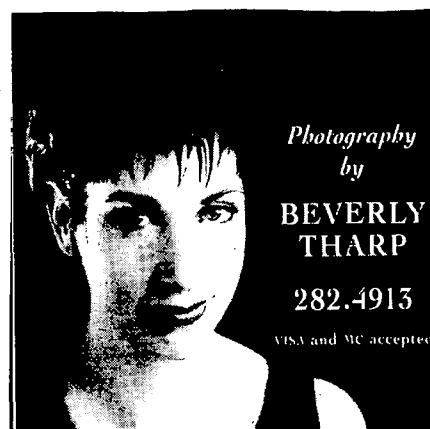
Synergy School Moves to the Mission

You may have noticed some major construction going on just blocks from Bernal Hill on 25th and Valencia Streets. When the dust settles by September, the completed building and newly-landscaped grounds on that site will be the new home of Synergy School, a progressive, independent institution founded 26 years ago. The school, which currently serves kindergarteners through sixth graders, is moving from its home on Grove Street near Alamo Square Park so that it can expand its population to include seventh, and eventually eighth grade students. Approximately 120 children are expected to attend Synergy in its new Mission home in the fall.

Synergy School has a rich San Francisco history. In 1973, three young teachers had a vision of what education should provide for children in our city; they turned their dream into a reality by founding Synergy School. When it opened its doors at its original location on Castro and 24th Streets, the school

had just three teachers and 20 students, and though it is substantially larger now, its philosophy remains unchanged: to provide a top-notch education to students while helping them to blossom as individuals and become self-confident, creative learners. Teachers use encouragement, cooperation, mutual respect and ownership of responsibility as they work with students academically. Fittingly, the school's organizational structure reflects its educational philosophy. Synergy operates collectively; all teachers at the school are both directors on its Board and classroom instructors, and all decisions are made with the full participation of everyone on staff.

Applications are currently being accepted for grades one through seven at Synergy School. (The deadline for kindergarten applications was January 31) Please call 567-6177 if you would like to receive additional information about Synergy School, its programs, and its application process.



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CALENDAR – For kids

- **"Peter Pan,"** performed by 9th grader Sean Grady's Stardust Puppets. Includes puppet making workshop. Sun., Feb. 14 and 21, 2 p.m. The Marsh, 1062 Valencia St. Fee. For information call 826-5750 ext. 2.
- **Precita Valley Community Center** serving children and youth. Tutorial program, story hour, recreational program, boys' and girls' groups, pregnancy prevention. 534 Precita Ave. For information, call 206-7756
- **Saturdays at the Randall Museum.** Drop-in art and science workshops for ages five and

up. 1-2:30 p.m. Class sizes are limited. \$4. 199 Museum Way (off Roosevelt). For information, call 554-9600.

- **Strybing Arboretum Story Time and Garden Walk** for children. Sun., Feb. 21, 1:30 p.m. Ninth Ave. and Lincoln Way. For information, call 661-1316 ext. 303.
- **Preschool Preview Night.** One-stop shopping for parents. Meet representatives from over 80 child care and preschool programs Wed., Feb. 9, 6-8:30 p.m. Hall of Flowers, 9th Ave. and Lincoln Way. For information, call 563-1041.
- **Speak Up for Kids Day** sponsored by Coleman Advocates Fri., Feb. 19. See ad page 11.

The *New Bernal Journal* is available at the Bernal Heights Neighborhood Center during open hours, Mon.-Fri., and also at the Bernal Branch Library, Bernal Beast, the Good Life Store, and other neighborhood businesses.

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For Fun

Bernal Fags Social Group for gay, bi, transgender, and queer males in Bernal. Meets 11:00 a.m. on the first and third Saturdays at Progressive Grounds. E-mail bernalvag@geocities.com, or see <http://www.geocities.com/WestHollywood/Castro/2526>.

Body/Mind/Spirit

Hot Flash! Midlife Women's Groups in Noe Valley. Meet with women your age (40s - 50s), supporting each other through the struggles, challenges and joys of midlife. We are trailblazers and elders in training, redefining what aging means to us. Arlene Dumas, LCSW, 641-4553.

A Pill to Lose Weight and Boost Energy. Call Jenifer for free sample of Thermolift. 378-5781.

Writing Salons! Intimate and supportive creative writing workshops of 6 to 12 people. Classes in fiction, poetry, essays & memoirs, journal-keeping, screenwriting, songwriting, magazine feature writing, children's book writing, and more. Year-round 8- to 10-week sessions right here in Bernal Heights, led by experienced, dedicated teachers. Next session begins mid-April. Call 642-9793 for class descriptions cost, days and times.

Your Neighborhood Massage Therapist certified in Swedish Massage and Shiatsu. (www.ultima.org/HaraldCMT). Let me help you relax with a therapeutic, soothing, comforting, full-body massage that will reduce stress and tension and promote well being. For appointment call Harald at 824-0136.

List your business or service.

Classified ads at 20¢ a word. Send to the *New Bernal Journal*, 515 Cortland Ave., San Francisco, CA 94110, or call 206-2140, ext. 108. for more information.

HOP-A-LONG continued from page 3

offer to come walk her foster dogs, take them for rides to the beach, help put up posters, and help spread the word. Local businesses have been very generous, especially the Bernal Beast pet supply store.

One of the recent examples of animals Hop-a-Long helps is Kayla, a young, sweet and scruffy brown-and-white terrier. Kayla had been nursing puppies but also looked liked she was starving. She was hit by a car while searching for food for her puppies. The police picked her up and brought her to an emergency vet hospital, where Hop-a-Long was called. Kayla was treated for a broken pelvis and severe abrasions. She will need long-term rehabilitation. She's currently in a very special, loving foster home. Her foster mother says that Kayla is intelligent, loves people, has courage, and is very, very sweet. After much searching, the whereabouts of the puppies remains unknown.

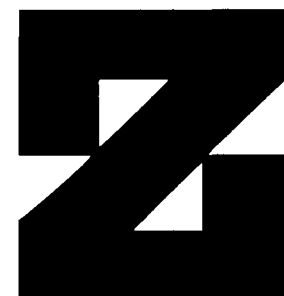
How can you get involved with Hop-a-Long? Are you an animal lover but can't commit to a lifetime relationship at this time? Why not foster an animal and save a life? Hop-a-long also needs transportation to mobile adoptions and to the vets, leashes, pet food, donated or low-cost veterinary services, and crates/kennels. Free or low-cost photocopying for posters is particularly needed at this time. Money, of course, is always welcome. Get involved and help make a difference one animal at a time!

For cash donations, please make checks out to Hop-a-Long Animal Rescue, PO Box 27507, Oakland, CA 94602. For donations of food or other items, or volunteer or other information, contact Pali at 642-4786. For information about upcoming mobile adoptions, call (510) 655-7895.

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BERNAL HILLTOP NATURAL HISTORY

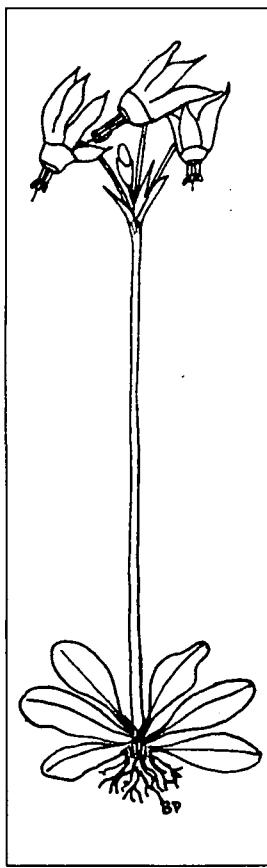
Shooting Stars

by Barbara M. Pitschel

Although we can probably all think of many reasons why our magnificent hilltop is noteworthy, certainly one of its major floristic claims to fame is its resident population of shooting stars, *Dodecatheon clevelandii* ssp. *patulum*. I have written about these lovely little plants a couple of times over past decades, but I think it's worth taking another look at them during their February/March peak season of bloom.

The reason to single out this plant is that Bernal Heights is its type locality. This subspecies was first identified and recorded from our hilltop in 1895 by botanist Edward Lee Greene, who actually named it *Dodecatheon patulum* ssp. *bernalium*. Although there has never been any question as to the uniqueness of the subspecies, there has been confusion over the years in determining its proper name, which is related to how it fits in with the rest of the shooting star genus. Our plant has gone under many different names over the years. Greene's 1894 flora (published before subspecies were determined) lists the entire genus as *Meadia*, and states that *Meadia patula* occurs on Bernal "in a modified form." In his 1925 flora, Willis Linn Jepson lists our plants as *Dodecatheon hendersonii* var. *bernalium*. (It is worth noting that plants of a second shooting star species, *Dodecatheon hendersonii*, have also recently been observed growing in the Bonview triangle below Bernal Heights Boulevard, which was probably a factor contributing to the early confusion.) The currently accepted name is the one assigned by botanist Henry Joseph Thompson, who worked on the *Dodecatheon* genus.

Dodecatheon is the Greek word for "twelve gods," which is said to refer to a myth that the plants were especially favored by the deities on Mount Olympus. The current common name "shooting stars," and common names used in the past such as



"mosquito bills," "prairie pointers," "roosters' heads," "mad violets," and "wild cyclamen," are all descriptive of the unusual flower form.

Shooting stars are in the primrose family (Primulaceae), and will be most easily recognized by those of you who are familiar with the inside-out appearance of the flower of a close relative, the garden cyclamen. Like most wildflowers, shooting stars are much smaller and daintier than their horticultural kin. The flowers are arranged in loose umbels. Their rose-purple petals are separated from the dark purple beak by a yellowish-white band, which probably acts as a nectar guide for pollinating insects such as bees. The inflorescence grows from a single bare stem rising several inches from a cluster of oval basal leaves.

The exact time and intensity of bloom of our population of *Dodecatheon clevelandii* ssp. *patulum* is dependent on rain and temperature conditions, but we can expect to see flowering begin sometime in February and peak sometime in March, with flowers faded and fruits setting seed by sometime in April. Look for our population of these shooting stars by following the middle path from the southwest quarry around the western and northern slopes of the hill. The best display can be seen both below and above the trail just before the west slope bends north.

As you seek out Bernal's shooting stars, you will also have the pleasure of enjoying their many early-blooming companion species. We hope you will join our hilltop grassland restoration work parties at 11 a.m. on the third Sunday of each month. We work to remove invasive weeds that threaten our wildflower populations, and we also include springtime strolls to view and appreciate the plants we are working to save. For more information, call 282-5066.

CALENDAR – The Arts

- "Portraits of Line and Self" art by Betsy Richard (Bernal Heights resident). Until March 28 at Blumengarten, 399 Cortland Ave.
- Precita Eyes Mural Arts. Art classes for children, youth and adults. Mural workshops and mural tours. For information call 2852287.

- Music on the Hill, Bernal Heights' own classical music series, starts in April. For ticket information, call 241-1515.
- The Writing Salon offers 10-week courses and Saturday workshops in creative writing. First Annual Open House & Potato Party on Sat., March 20, 1-6 p.m. (free) Call 642-9793 for information.

YOUTH DEPARTMENT continued from page 9

participating youth organize sports and recreational activities. Burbank and Denman Middle Schools were in great need of social services, and as a result the response has been overwhelming.

Julissa has been very enthusiastic about starting up programs at these school sites and she has been instrumental in bringing UP to both schools. "Growing up in the San Francisco Bay Area has been an extraordinary experience for me and many of my fellow peers," she said. "Although times have changed, the need to have healthy alternatives for today's youth has increased. The time has come for everybody in the community to find ways to help the youth find their place in our society."

BHNC celebrated the end of 1998 with the annual Holiday Toy Drive and Toy Give-away. Through volunteer efforts and generous donations from local residents, businesses and distributors, we were able to exceed our need for new toys. As a happy result, everyone contributed in making the holidays much brighter for a group of over 200 wonderful children. Our gratitude goes out to the many friends and neighbors who donated toys and time including Sheba Bechtel and her classmates for their enthusiastic volunteer support and tremendous success, Sanrio Inc., Galoob Toys, Costco Wholesale, Gap Inc., Kinder Toys, Comics & Comix, and our tireless photographer, Lydia Caraballo.

For those who received a toy and had their picture taken, we are currently displaying all of the photographs in the main window at the Center. Please stop by the Center at 515 Cortland Avenue and pick up your photograph by February 16.

BHNC HISTORY continued from page 4

anniversary gala recognized Buck's energetic, heartfelt words in the tributes he composed for the volunteers who were honored. There is no doubt in my mind that Buck will still be here, working hard, when the BHNC's 50th anniversary rolls around.

Looking to the Future

Let's not kid ourselves. We could not stop Bay Area housing prices from shooting up. But over the years the Bernal Heights Neighborhood Center has been instrumental in keeping hundreds of working class families here by helping them rehab their homes, plus providing senior activities and food, helping to organize block clubs, organizing young people to work for peace, keeping our streets and parks safe, and building affordable housing. Let's keep up the good work for future generations!

WELLPOWER continued from page 10

rhea when you want the body to stop a constant discharge.

Finally, the "salty" flavor is used to soften hard masses and resolve lumps (for instance, eating seaweed can reduce fibroid masses, goiter, or tumors of any sort). This flavor enters the kidney and bladder organ systems. When eaten in a balanced way, these flavors support specific bodily functions and when over consumed they injure the body in specific ways. Ideally, every meal would include each of the five flavors.

As mentioned above, the other main organizational arm of Chinese dietary therapy categorizes food based on its "temperature." This "temperature" does not refer to a quality that is altered by refrigeration or fire. It is relatively stable, although cooking can alter it somewhat. Knowing a food's "temperature" can be very useful when applied to a specific constitution. For example, if you have red, burning skin eruptions, it would be helpful to eat foods which are "cooling." If you unknowingly eat some "hot" foods at this time, it may irritate the symptoms. Many of us regularly exacerbate our physical ailments by unknowingly eating foods which contribute to our common imbalances.

Due to our dietary ignorance, we often can be our own worst enemy, consuming foods that cause us more suffering in our daily lives. However, by knowing the basic tenets of Chinese dietary therapy, we can begin to identify the direct connection between the food we consume and our chronic pains and problems.

I hope that this cursory glance at the vast system of Chinese dietary therapy has given you a little glimpse of its insights. When we begin to see that there may be more going on in the relationship between food and our bodies than we previously thought, we have made a considerable step towards a greater sense of health. Please feel free to contact me with questions or for more information.

Tamara Wolfson is a licensed acupuncturist. She has designed and taught nutritional seminars and has lectured extensively on health and awareness. She may be reached via email at tamara.wolfson@hotmail.com or at (415)824-1635.

LEONARD FLYNN SCHOO continued from page 12

as a feather to get to eternal life. She could accomplish this task by embracing and practicing specific virtues. We, too, have embraced her virtues which include Truth, Justice, Propriety, Balance, Order, Reciprocity, and Harmony. When asked what her favorite virtue was, Dawn, a Flynn student, responded, "Reciprocity, because people don't want to do bad things to each other when they don't want it to happen to them." Pernal, another Flynn student thought that Propriety was the greatest, "because it means doing the right thing at the right time." Flynn children are rewarded for their excellence and adherence to these virtues which serve us in building UMOJA within this school community.

Leonard R. Flynn is about building cooperation and unity. Diverse bodies of Flynn students are learning how to get along, grow in knowledge, and contribute back to the whole. Teachers formally collaborate for an enhanced curriculum. Students and staff work hard as we struggle to fulfill the school's motto, Every child can and will learn.

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Beechnut Baby Food	Tilex Soap Scum Remover	Western Family Ultra 2	Formula 409 Glass & Surface Cleaner	GlenEllen Wines— Chardonnay, Cabernet, Merlot,
Stage 1 & 2	28 oz. \$2.99	18 loads	Commercial Solution	750ml 5.99
3 for \$1.00	Lemon Commercial Solutions	Ultra 2 with Bleach	32 oz.	1.5 liter 11.99
	32 oz. \$3.99	14 loads		Red, White , White Zinfindel
		\$2.49	\$2.49	750m 4.99
Delmonte Tomato Sauce	Pine-Sol	Sparkle	Jubilee Bathroom	1.5 liter 8.99
8 oz.	40 oz.	Paper Towels	Tissue	
	\$2.59	2 ply	4 pack	Sebastiani Wines— Sav. Blanc, White Zinf., Zinfindel
4 for \$1.00	lemon 48 oz.	99¢ each	99¢	1.5 liter 10.89
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\$1.39 each	3 lbs. for \$1.00	69¢ lb.
Lemons	Jumbo Yams	Cello Carrots 1 lb. pkg
7 for \$1.00	5 lbs. for \$1.00	39¢ each

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